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Survey finds Illinoisans would like to see the dentist more often *Delta Dental of Illinois encourages making dental visits a priority in 2017*

NAPERVILLE, Ill. (January 4, 2017) – Dentists lead the pack of health practitioners Illinois adults want to see more often, according to a survey out today from Delta Dental of Illinois.¹ The dental benefits carrier is encouraging Illinoisans to make visiting the dentist a priority to improve their oral and overall health in the new year.

“Seeing the dentist regularly is an important part of maintaining good oral health, and for those who don’t, the new year is a great time to start,” said Katina Spadoni, DDS, dental director for Delta Dental of Illinois. “Although the survey indicates Illinoisans may not be getting to the dentist as often as recommended, we’re glad they recognize the importance of making more time to do so.”

According to the Delta Dental of Illinois Adult Oral Health & Well-Being Survey, 43 percent of Illinois adults report they do not get to the dentist as often as they’d like, ahead of gynecologist at 28 percent*, dermatologist at 27 percent and general practitioner at 26 percent.

Illinois adults who give their oral health an “A” grade are 27 percent less likely to put the dentist at the top of the list of practitioners they want to see more often. Those who brush their teeth less than twice a day say they would like to visit the dentist more than those who brush at least twice a day (46 percent vs. 41 percent).

Good oral health can lead to a boost in confidence and overall well-being, according to the survey.

- Eighty-one percent of Illinois adults agree there is a connection between oral health and overall health.
- Illinois adults who are extremely satisfied with their oral health rate their overall well-being as very good (43 percent), compared to those who report they are not satisfied (13 percent).
- Sixty-one percent of Illinois adults feel that good oral health helps them feel confident on a daily basis, more so than having clear skin (60 percent) or being in shape (44 percent).

“Good oral health habits, including visiting the dentist, are very important to dental and overall health and well-being,” says Dr. Spadoni. “It’s good to stay in – or get back into – the habit of visiting a dentist. During checkups, dentists can help detect many systemic diseases and dental problems before they become more serious and costly to treat.”

For more tips on taking care of your oral health, visit Delta Dental of Illinois’ oral health resource at YourOralHealthHub.com.

About Delta Dental of Illinois

Delta Dental of Illinois is a not-for-profit dental service corporation that provides dental benefit programs to individuals and more than 5,000 employee groups throughout Illinois. Delta Dental of Illinois covers 2 million individuals, employees and family members nationwide. Delta Dental of Illinois is based in Naperville, Illinois and offers single-site administration and client services.

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¹Kelton, a leading global insights firm, conducted the 2016 Delta Dental of Illinois Adult Oral Health & Well-Being Survey. Interviews were conducted statewide via email with 304 Illinois residents 18+. For results based on the total sample of Illinois adults, the margin of error is +/- 5.6% at a 95 percent confidence level.

*Among women surveyed in the 2016 Delta Dental of Illinois Adult Oral Health & Well-Being Survey.